



## Autumn Term 2024 PE and Sport Review

Building on successes such as the Platinum School Games Award (2019-), the Merseyside Sport Primary School of the Year Award in 2016, and achieving the AfPE Quality Mark with Distinction in 2017 and 2022), we have continued to look for new and innovative ways of further improving our PE and school sport. Our aim is to provide as many positive opportunities for our young people as possible and to promote lifelong health and wellbeing.

### PE, Sport and Mental Health

In the autumn term, a bespoke health and well-being survey for pupils in Year 3 and above has been carried out in partnership with the SHEU (Schools Health Education Unit). The survey was completed online and questions covered a range of aspects of life including:

- levels of physical activity
- emotional health and wellbeing
- diet
- sleep habits
- levels of worry
- use of technology
- attitudes towards school
- safety and bullying
- leisure time

The data from the survey is being analysed and will be used to inform and plan education programmes, identify pupils at risk of mental health difficulties and guide interventions. Some of the data will also help to inform and plan PE and school sport activities and initiatives. Updates will be provided in the spring term review.

## Mental Health Champions



In October our Year 6 children qualified as Mental Health Champions. The Mental Health Champion Training Programme is an engaging and empowering learning journey that teaches pupils advanced insights into caring for their own mental health as well as supporting their peers. The programme enabled us to train pupils in Year 6 to make a positive impact across our whole school.

Pupils learned and experienced:

- A deeper understanding of their own mental health
- The 5 key skills and 5 qualities of a great Mental Health Champion
- Evidence-based approaches to caring for their own mental health
- Opportunities to practice and role play strategies
- Practical tips for providing support to their peers
- Developing an action plan of how they can promote positive mental health around school



## Inclusive Cricket Festival

In November, children from Giraffe Class enjoyed the opportunity to take part in an inclusive cricket event held at Clare Mount Specialist Sports College. The children got to try out a range of activities and challenges and meet children from a range of different schools.

## FA Disney Shooting Stars



Orrets Meadow was invited to take part in filming for the Football Association to capture the success of their Disney Shooting Stars programme. We have used PE Premium in previous years to fund coaching and resources as part of our extra-curricular offer. Some of our Year 6 children enjoyed taking part in a Disney-inspired football session at Leasowe Recreation Centre for the filming project. Some of our more confident children were even interviewed on camera! We were also thrilled to meet up with some of our former pupils who are now in Year 7! The Disney Shooting Stars programme will continue at Orrets in the spring term.



## Christmas Fit Fun Fest

In December, Year 6 children enjoyed the opportunity to take part in an inclusive Christmas Fit Fun Fest at Clare Mount Specialist Sports College. Activities included a snowball fight, candy hockey, reindeer toss and collecting Santa's presents!



**Nestlings Forest School**



Orrets Meadow has continued to use some of its PE and Sport premium to provide our children with outdoor and adventurous activities. Nestlings offers a unique stay and play Forest School experience. The sessions consist of exciting sensory and creative play experiences, as well as Forest School games and songs! The instructors are led and guided by the children's interests and passions. They provide a mixture of the following activities at our sessions:

- Sensory Play
- Messy Play
- Tree Climbing
- Bug Hunting
- Wood Carving
- Campfire Cooking
- Water Play
- Tool use
- Den Building
- Clay Sculpting
- Exploring Nature
- Woodland Adventures
- Woodland hunts
- Bug identification
- Hot drink & snack



As well as physical and functional skills, children also developed life skills such as teamwork, problem-solving, resilience, confidence, respect and empathy.





## **Bikeability and Learn to Ride**

Bikeability is the government's national cycle training programme. It helps you learn practical skills and understand how to cycle on today's roads.

Bikeability gives everyone the confidence to cycle and enjoy this skill for life. Bikeability cycle training equips children with vital life skills. Pupils not only learn to cycle, they gain independence, social skills and a sense of wellbeing.

After Bikeability, children are better at responding to risk and report increased confidence. As a result, more children cycle to school which in turn improves mental health and wellbeing. This allows children to get more out of the classroom, improving their attention span and engagement. Healthier habits lead to increased attendance and improved academic results. Bikeability goes beyond a training course; it impacts children's lives.

Our Year 6 children enjoyed bespoke cycling training, with some children learning to ride a bike through to others who were taken out on the roads to apply their road safety learning.



## Judo

The autumn term saw the welcome return of Judo Education to Orrets Meadow. Year 6 children were delighted to participate in 5 weeks of judo. Many of the children described the Judo sessions as their favourite activity they have done at school. Since the sessions, some of the children have expressed an interest in joining the local judo club we have links with. This is in addition to past pupils who are still attending the club. Judo has been a great success at Orrets, and it can give so much more to children than just belts and medals. It can be a way of improving their day to day life and help them lead it in a more disciplined and respectful manner. One of the leading European Judo Federation's moral code sums up exactly what judo can do for children and it is *politeness, courage, sincerity, self-control, honour, modesty, friendship and respect*. These match our school's aims and values.





## Expanded Extra-Curricular Club Provision

We were delighted to welcome Miss Patten as our new PE Assistant in September. Miss Patten brings a wealth of experience and expertise in planning, organising and leading a diverse range of activities. Her skills and passion for physical activity and sport will be invaluable as we continue to enhance our PE curriculum and extra-curricular offerings.

In consultation with Mr Saul, Miss Patten has improved our existing offer of extra-curricular opportunities by adding boccia and athletics. This has encouraged some children who did not normally participate in activity during lunchtimes to join in and enjoy movement and games. The clubs have been a great success alongside our other offerings such as football, cycling, dodgeball and tennis.





## CPD - Total PE+ Scheme of Work



Using part of our PE and Sport Premium funding we have purchased the Total PE+ Scheme of work from local CIC Edsential. It is an ongoing subscription service with support. PE Lead David Saul and John White from Clare Mount Specialist Sports College have been coaching and mentoring new staff, having embedded the scheme across school last academic year. CPD through staff meetings has also been offered. A focus this term has also been blending inclusive PE activities into the PE long-term plan. Mr Saul led CPD on boccia. Other inclusive activities to be embedded may include goalball, New Age Kurling and inclusive seated volleyball.



## Move Well Conference

Mr Saul has also enjoyed some CPD which he will cascade to Orrets staff. Being able to move more and Move Well is more important than ever. Moving Well helps look after physical, social and emotional health, and also allows us to be able to participate in a range of other physical activities and sports, as well as perform everyday tasks.

Clare Mount Specialist Sports College in partnership with KO8, PTP, Future Action and the Youth Sport Trust Well Schools Collective hosted a MOVE WELL Conference in November. It included a number of inspirational speakers, such as Rugby World Cup winner George Gregan and CEO of KO8 Kieran Owens, delivering talks and practical workshops. Mr Saul was put through his paces and had a taste of elite athlete development!





This term has been marked by significant progress in promoting inclusivity, mental health, and active lifestyles. With continued support, we aim to sustain this momentum, ensuring every student thrives physically, mentally, and socially.

Future impact reports will include measurable outcomes of these initiatives, published under "Evidencing the Impact" on the school website. Plans for the spring term include:

- Expand extra-curricular clubs and intra-school competitions
- Introduce RISE Up mental health programme
- Introduce additional inclusive sports activities into curriculum PE lessons